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Queen Anne Community Center Fall Schedule 2006

Queen Anne Community Center
1901 First Ave West, Seattle, WA 98119
206.386.4240
www.seattle.gov/parks/centers/queenannecc.htm



**SEATTLE PARKS
AND RECREATION**

NEW!

REGISTER ONLINE · it's easy!

www.seattle.gov/parks

SPARC

SEATTLE PARKS AND RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.



**SEATTLE PARKS
AND RECREATION**

Registration Procedures:

1. Please complete registration form entirely.
2. Payment **MUST** accompany registration.

Family Information: *(Please complete for the adult who is financially responsible for the family account.)*

(ADULT) Name: _____ Sex: Male Female
Last First MI (Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _____ ZIP: _____

Phone – eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____
Name Phone Relation

☐ **PARTICIPANT info differs from above.** How does it differ? _____

PARTICIPANT <small>(please print full name)</small>	M/F	BIRTHDATE <small>(mm/dd/yyyy)</small>	COURSE TITLE <small>(Non-Day Camp Activities ONLY)</small>	1 ST CHOICE		ALTERNATE		AMOUNT
				DATE(S)	START TIME	DATE(S)	START TIME	
								\$
								\$
								\$
								\$
*Acceptance of this request does not guarantee enrollment into a class (see back for more information).								\$
TOTAL								\$

How would you like to pay?

Person making payment _____
(required for proper refunding)

**PLEASE INCLUDE
PAYMENT**

☐ Cash *(Please do not send cash through the mail.)*

☐ Check or Money Order # _____

☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only

Authorization (Ref#) _____

**For
mail-
in
only**

Card #: _____ Expires: _____

Name as it appears on card: _____

Signature: _____

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____

For Office Use Only:

Queen Anne Community Center

1901 – 1st Avenue West
Seattle, Washington 98119
(206) 386 – 4240, FAX (206) 386 – 4284, TDD
(206) 684-4950
E-Mail Address: queenanne.cc@seattle.gov
WEB: <http://www.seattle.gov/parks/centers/queenannecc.htm>

Registration Dates

Community Center registration period:
Mail-In: 08/14/06
Walk-In: 08/21/06
First day of classes: 09/11/06
Classes are 10 week sessions, unless otherwise specified.

Hours Of Operation

Monday, Tuesday, Friday	1 – 9 p.m.
Wednesday, Thursday	10 a.m. – 9 p.m.
Saturday	10 a.m. – 5 p.m.
Sunday	Closed

Advisory Council Sponsored Hours

Monday, Tuesday, Friday	9a.m. – 1 p.m.
Wednesday, Thursday	9 – 10 a.m.

* for registered program participants.

Holiday Closures

All Park Department facilities are closed the following dates: November 10, Veteran's Day and December 25 and January 1, 2007.

Facility Staff

Gina Saxby, *Recreation Center Coordinator*
Sheree Seretse, *Asst. Recreation Center Coordinator*
Christopher "CJ" Jordan, *Recreation Attendant*
Vannak Thol, *Recreation Attendant*
Dawn Bennett, *Teen Development Leader*
Cindy Sandino-Chang, *Facility Monitor*
David Strothers, *Custodian*

Management Staff

Christopher Williams:
Director, Operations Division 684-4136
Robert Stowers:
Central West Sector Manager 684-0796

Advisory Council Officers

Patricia Barger, *Vice Chairperson*
Deb Artis, *Chairperson*
Romi Gordon, *Member*
Anne Sustar, *Secretary*
Ed Artis, *Member*
Joyce Jinka, *Member*
Eileen Cripe, *Member*
Tara Lawrence, *Member*
Michael DeCaro, *Treasurer*

Mission Statement

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

Register Online!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks, where you can find our seasonal brochures and register for many of our courses online.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include a user fees paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

REFUNDS AND CREDITS

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp special event or program that is cancelled for any reason by Parks and Recreation or Advisory Council will receive a full refund
- Anyone who registers for a day camp, trip overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Rental Information

Queen Anne Community Center is available most weekends and during non-program hours for wedding receptions, family reunions, birthday parties or special events. The Center has a gymnasium, small kitchen, and a game room. For information about room rentals, please view our facility rental brochure or call 386-4240.

Advisory Council — You Can Make A Difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, ability and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held (on the second Tuesday evening of every month) to talk about programs, policies and financial issues. Citizen direction and participation are

vital to our success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact Gina Saxby, Recreation Center Coordinator.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain and upgrade program equipment and supplies.

Non-Discrimination Policy

As a matter of policy, law, and commitment, the Seattle Department of Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap (Seattle Municipal Code 18.12.280).

Persons with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. If you need sign language interpretation, auxiliary aids or other accommodations, please call 386-4240 or (TDD ONLY 223-7061). If possible, please allow 10 working days advance notice for sign language interpretation or auxiliary aids. If a class or activity is scheduled in an area that is not barrier free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested In Teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

More Information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our public information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, by telephone with a credit card, or online at www.seattle.gov/parks. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer

scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the least) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.



**Check out our
Senior Adult
Program and
Activities**

**Call: Tim Pretare
206-684-4240**

**Join us for lunch, rafts, fitness,
field trips and more . . .**



QUEEN ANNE COMMUNITY CENTER RENTALS

Rent a room at Queen Anne Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, etc. Contact Queen Anne Community Center Staff at 206-386-4240 for cost

and availability. If Queen Anne Community Center doesn't suit your needs, visit the Seattle Parks and Recreation website at www.seattle.gov/parks. There are over 20 great locations that can be rented throughout the Parks Department.



4TH AND WARD STREET PARK & PUMP HOUSE RENTALS

Available March – September

Rent this beautiful, historic cottage and adjoining park for birthdays, weddings, parties, meetings or any gathering by calling the Queen Anne Community Center at 206-386-4240.

Directions To Queen Anne C.C.

FROM DOWNTOWN: Go North on First Avenue to Denny Way. Take mild right onto First Avenue North. Continue North to Roy Street. Turn Left onto Roy and go one block. Turn Right onto Queen Anne Avenue North. Follow Queen Anne up the hill and continue to Crockett St. Turn left onto Crockett St., go one block Turn Left, the community center is on the corner of 1st Avenue West and West Howe St.

FROM I-5: Take Mercer St. Exit. Turn Right at traffic light (Fairview). Follow Fairview to the Traffic Light. Turn Left onto (Valley) into 2nd lane. Follow Valley St. which becomes Broad St. to 5th Avenue North. Turn Right onto Fifth Avenue North follow 5th Avenue North to Roy Street.

Turn Left onto Roy St. Follow Roy St. to Queen Anne Avenue North. Follow Queen Anne Avenue North up the hill and continue to Crockett St. Turn Left on Crockett St. go one block.

Turn Left, the community center is on the corner of 1st Avenue West and West Howe St.

FROM THE AURORA BRIDGE: Take Queen Anne Drive from South end of Bridge. Follow main road to Queen Anne Avenue. Turn Left on Queen Anne Avenue. Turn right onto Crockett St. and go one block further to 1st Avenue West, turn left the community center is on the corner of 1st Avenue West and West Howe St.

METRO BUS ROUTES: From the east side of the Seattle Center take Metro Bus # 3, 4

From the bottom of Queen Anne Hill take Metro Bus Route # 2 or 13

All four buses can be boarded at 3rd Avenue and Pike Street

Halloween Carnival

Kids 12 and under are invited to join us for our annual Halloween Carnival. Activities include carnival games, a costume fashion show, and refreshments. Carnival games are \$0.25. All proceeds will benefit youth programs at the "Q."

No registration required

Age: 12 and under

Fri 6:30 – 8:30 p.m.

Oct 27

Location: Gym



Winter Holiday Party

Come join us as we celebrate holiday observances around the world. Lots of fun activities, crafts, refreshments and entertainment.

Sat Noon – 2 p.m. Dec 9

Location: Room 1

FRESH AIR PRESCHOOL

OUR PHILOSOPHY

We believe that every child is unique and should be allowed to take an individual, active role in the process of learning. We believe that nurturing confidence, independence, curiosity, and cooperative relationships with classmates and adults is critical for emotional, physical, and intellectual development.

OUR CURRICULUM

Our curriculum is child-centered and play-based (inspired by Reggio Emilia). Our teachers plan activities according to the different interests and abilities of the children. This approach centers on every child's natural curiosity and desire to learn, and fosters self-confidence that is critical for school readiness.

During extended free play in the classroom, the children explore art, science, large and fine motor skills, sensory activities and dramatic play. During play, children use their senses, explore their environment, concentrate, solve problems, symbolize, improve vocabulary and learn to be flexible. Play expands the children's creativity and collaborative group work is considered valuable and necessary, as is physical activity. Ample gross motor time is provided daily, either at the park, playground, or gym.



HOW TO APPLY

Registration forms are available at the Queen Anne Community Center. For more information or to schedule a visit to the classroom, please call (206) 386-4240 and leave a message for the teachers. Registration for the 4's class is still available for the 2006-7 school year. The 3's class is full for the 2006-7 school year. By request you can be added to the wait list.

HOURS & RATES

<u>Threes Class</u>	<u>Fours Class</u>
Age 3 by 9/1/2006	Age 4 by 9/1/2006
Tues & Thursday	Mon, Wed, Fri
9 a.m.to noon	9 a.m.to noon
\$1,750 annually	\$2,300 annually

OTHER DETAILS

The annual tuition is payable in ten monthly installments due by the 25th of the previous month. A deposit of \$175 (Threes Class) or \$230 (Fours Class) is required upon enrollment. This deposit is non-refundable and non-transferable and is credited as your September tuition payment.

The school year typically begins the first Monday after Labor Day and ends in mid-June. Fresh Air Preschool operates on a similar calendar to that of Seattle Public Schools.

BARCODES	<u>Threes Class</u>	<u>Fours Class</u>
September	#7073 / \$175	#7076 / \$230
October	#7074 / \$175	#7077 / \$230
November	#7075 / \$175	#7078 / \$230

OUR TEACHERS

The quality of a preschool is defined by its teachers. We are pleased to offer professionals who are not only educated and experienced but possess a true passion for teaching young children. Warm, nurturing and creative are some of the words parents use to describe the teachers. First Aid and CPR-certified, our teachers update their skills regularly with continuing education.



Fresh Air Preschool is a child-centered and play-based preschool. Teachers plan activities according to the different interests and abilities of the different children. This approach centers on every child natural curiosity and desire to learn, and fosters self-confidence that is critical for school readiness.

We offer preschool programs at sites across the city. You must register in person at the community center for these programs.

Baby & Toddler Play Room

Drop in and let your tot play on climbers, in the little kitchen, with blocks, dolls, trucks and other fun toys. Play and socialize with other kids and parents. Escape the rain and enjoy the freshness of a playspace that's not your own living room.

Other information:

- Parent supervision required.
- Parents please be responsible for cleaning up after your child.
- Toy donations gratefully accepted. Please leave your toy and a note for Maryam or Eleni at the front desk.
- Older siblings are welcome, however the Playroom will be geared towards ages 3 and under. Those over 3 need to respect the needs of the little ones.

If you are interested in being a parent “helper” for a week or two, being responsible for cleaning the room, in exchange for free use of the room during your week of volunteer work, please talk to our staff!

Age: 3 and under

M–F 9:30 a.m. 8 p.m.

Sat 10 a.m. – 3:30 p.m.

Sep 5 – Dec 30

Location: Baby/Toddler Play Room

Fee: \$2

Play Gym

Age: 5 and under

Bring your child(ren) to our large open gym to burn off some energy. There are plenty of play items available-push toys, balls, mats, slides and various toys.

T/Th 10 a.m. – Noon

Sep 5 – Dec 28

Location: Gym

Fee: \$2

Pottery

Ages 6 – 12

This class will teach wheel and hand building techniques to beginners and those wanting to improve basic pottery skills.

Location: Pottery Room

Instructor: Jane Steel-Meagher

#11527 Tue 4:15 – 5:15 p.m.

9/26 – 11/21

Activity Fee: \$100

Short Shots Basketball

Ages 5 – 7

Kids ages 8 years and younger get an introduction to the wonderful world of basketball! See more specific age groups at each location. You must register in person at the community center for these programs.

A co-ed program designed to develop skills in your little “hoopster”. Fun Fundamentals with reduced sized basketballs and lowered hoop height helps to instill confidence and make it easier to be successful.

Location: Gym

#10740 9/16/2006 – 10/21/2006

Sat 10 – 11 a.m.

Activity Fee: \$35.00





Piano Lessons

Ages 3 and older

This is a fun approach to learning basic keyboard skills. Beginning students will learn to read music, theory and piano techniques.

Location: Game Room

#11529 Fri 3 – 8 p.m.
9/15 – 12/2, Sat 10 a.m. – 4:30 p.m.
Activity Fee: \$15



Mad Science

Ages 5 – 8

Explore the world of science from a child's perspective. The class is highly interactive with experiments, puzzles and games. This class is facilitated through the "Mad Science" organization.

Location: Game Room

#11528 Wed 4 – 5 p.m.
9/20 – 11/8
Activity Fee: \$115

After School

Ages 5 – 12

Please join our fine staff for a safe, fun and diverse After School Program! This year we will be introducing a cooking and music specialty component to the program in addition to the usual art and group games. So check the rest but try the best. . . . Join us at Queen Anne Community Center After School Program. The focus of our program is to provide the children of Queen Anne and surrounding areas the opportunities to develop socially, emotionally and physically healthy. We make it our personal mission to promote self-awareness, self-control, conflict resolutions skills and positive decision making abilities. We like to work in unison with our local schools to make sure your child's educational experience is constantly being enriched. We strive to build a community where environmental stewardship, gender roles and cultural awareness are discussed in a positive, uplifting manner.

After school care at several locations. Check with your local site for eligibility requirements. You must register in person at the community center for these programs.

Location: Room 03

Mon, Tue, Wed, Thu, Fri 3 – 6 p.m.

After School – 5 days \$245.00, 2nd Child Discount \$240.00

Bar Code	Dates
#9281	9/6/2006 – 9/29/2006
#9282	10/2/2006 – 10/27/2006
#9283	11/1/2006 – 11/30/2006
#9284	12/1/2006 – 12/15/2006



Winter Holiday Camp

Age: 5 to 12 years

This fun camp for kids ages Kindergarten-5th Grade will feature arts and crafts, sports, games, field trips, swimming, and more. December 18-29.

For information on scholarships, please contact the Youth Programs Office: 206-684-7186

Dec 18 – Dec 29

Location: Room 3

Fee: \$145/week

Citywide Basketball League

Age: 8 to 18 years old

Age groups are determined by the ages of participants by August 31, 2006.

Requests can be made regarding teams but they are not guaranteed.

Games played on Saturdays for ages 10-13, and on Sundays for ages 14-17. Practices begin mid/late November and games will begin in January.

Oct 1 – Nov 15

Location: Gym



Teen Fitness

This class was a huge hit! We will have a professional instructor coming in to teach you the finer points of fitness and nutrition. These exercises will be easy to learn and easy enough for you to do at home to impress your parents, friends, or someone special!

Tues – Thurs 3:30– 4:30 p.m.

Starting October 3

Friday Movies

Come hang after school and watch a movie or two. We watch the newest releases and are always taking ideas for what movies we want to see. Includes fresh popcorn and drinks! Sometimes we go all out with tacos or sandwiches.

Location: Game Room

4:30 p.m.

Fee: Free

FREE!!!

There will be after school ping-pong, pool tournaments, basketball, Play Station, XBOX, badminton, and of course scheduled study time in our wonderful teen room.

Teen Board

Seeking new Teen Board members, and notification to returning members:

Recruitment begins for the new Teen Board. The youth on the Teen Board will be making all the decisions for what is going to go on in the Teen Room for the school year. Last years Teen Board had up to 22 members. They helped schedule out a very successful summer, and continue to have fun with their accomplishments. We expect to reach the same goals for the fall. All returning members welcome.

Meetings are on Wednesdays:

Dates: 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25

3:30 pm Start time!! Don't be late!





Tai Chi (Yang Style) – Session 1

Ages 18 and older

Sifu Blake Emery teaches the official Taiji curriculum of the Chinese Wushu Association. Class participants will learn the fundamental movements of 24 Form Taiji and its applications. Session I is for beginners and people with previous experience.

Session II/III is by permission of the instructor only. This class works on the 24 form of Taiji, as well as beginning short and long weapons.

Tai-Chi: Ancient Chinese form of exercise combining concentration, balance and meditation.

Location: Room 03

#10741 9/16– 11/18

Sat 11:30 a.m. – 12:30 p.m.

Activity Fee: \$75.00

Capoeira

Capoeira is a collective art form that brings together dance, music, and acrobatics and martial arts. Created four centuries ago by African slaves in Brazil. Capoeira was revived in the 30's. Capoeira calls for intuition, skill, grace and physical strength.

Location: Room 03

6:45 – 8:45 p.m.

Activity Fee: \$80

Capoeira Session I

Ages 3 and older

#11522 9/12 – 11/2

T/Th

Capoeira Session II

Ages 8 and older

#11523 11/7 – 12/28

T/Th

Ikebana

Try the art of Japanese Flower Arranging. Ikebana is an art form in which the beauty of nature and objects of humanity are brought together.

Location: Room 01

Ages 18 and older

Activity Fee: \$65

Session I

**#11524 Tue
9/5 – 9/26**

9:30 – 11:30 a.m.

Session II

**#11525 Tue
10/3 – 10/24**

9:30 – 11:30 a.m.

Session III

**#11526 Tue
11/7 – 11/28**

9:30 – 11:30 a.m.



Pottery – Beginning

Ages 16 and older

Learning to make cylinder and bowl forms on the potter's wheel is the focus in this class. As students develop more control of the clay other forms and some variation of forms will be demonstrated. Instruction also includes glazing, decorating and basic materials and maintenance. Cone 5 stoneware clay and glazes are used in this class. Additional supply fee includes 25lbs of clay, glazes and firings.

Location: Pottery Room

#11532 Wed 6 – 8:30 p.m.
9/13 – 11/15

Activity Fee: \$165

Pottery – Intermediate

Ages 16 and older

#11533 Thu 6 – 8:45 p.m.
9/14 – 11/16

Activity Fee: \$165

CPR, Health & Safety

Prepare for emergencies with Red Cross classes.

CPR – Adult Beginner

Ages 18 and older

This course tells you what to do in the event of a respiratory or cardiac arrest. The instructor is a member of the Seattle Fire Department.

Location: Room 01

#10743 9/13/2006 Wed 7 – 9 p.m.
Activity Fee \$0.00

CPR – Refresher

Ages 18 and older

#10742 11/8/2006 Wed 7 – 9 p.m.
Activity Fee \$0.00

Infant/Child CPR

Ages 18 and older

Cultivate your skills in responding to the needs of infants and children in distress.

Location: Room 01

#10744 10/11/2006 Wed 7 – 9 p.m.
Activity Fee \$0.00

Pickleball for Adults and Teens

Age: 16 and older

Come learn the fun game of Pickleball. Invented in 1965 on Bainbridge Island, it is now a rapidly growing international sport. The drop in program is open to any level of experience. No experience necessary! Just bring a paddle, all other equipment provided.

Thursdays 6:30 – 8:30 p.m.
Saturdays 12:30 p.m. – 4:30 p.m.

Sep 7 – Nov 16

Fees: \$2.00

Location: Gym

Weight Room

Age: 18 and up



Lift those weights, ride that bike, and pump that iron! This weight room has a variety of equipment, convenient access, and is very affordable. Create the type of workout regiment that works for you. Access the

tread, bicycle, weight machine and or free weights.

Weight room available any time building is open.

Location: Weight

Mon – Fri

9 a.m. – 8:30 p.m.

Saturdays

10 a.m. – 4:45 p.m.

Sep 5 – Dec 30

Weight Room Pass:

\$38.08/10Weeks

\$5.44 Day Pass

Drop In Pickleball for Seniors

Continue to exercise and improve your skills by teaming up with other

Basketball Open Gym — Adults

Age: Adults (Age 18 and up)

This schedule is in effect for the Winter quarter. It is also subject to last minute changes due to facility issues, floor refinishing, program relocation, special events, etc...Please call 386-4240 to verify the open gym times. Schedules may vary.

Mon, Tues, Wed 6 – 9 p.m.

Sept. 11 – Nov. 9

Fees: \$2.00

Location: Gym



Weight Room Orientation

Sign up with certified personal trainer and fitness instructor Mary Wilsom to learn how to use and operate the weight room equipment properly in this one time orientation session. Learn about proper form basics, common weight training mistakes and how to use equipment safely. Choose a date that works best for you. Mary Wilson is also available as a personal trainer/consultant.

\$15 per session. Limit 4 participants per session.

Instructor: Mary Wilson

Age: 18 and older

Sep 5 – Dec 30

Mon – Fri 10 a.m. – 8 p.m.

Fees: \$10.00

Location: Weight Room

